

PROGRAM CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:30 AM Bocce Ball – Lodge Bocce Ball Court 10:00 AM Visit to The Chatham Berry Farm 10:00 AM Dining Committee Mtg. (GR) 1:00 PM 7 Card Hi Lo (DR) 2:30 PM Late Day Shopping Trip 2:00 PM Scrabble (CR) 3:00 PM Community Services Mtg (CR) 7:15 PM Evening Movie (GR) NATIONAL POSTAGE STAMP DAY!	2 9:30 AM Wednesday Walk at the Crossings 1:00 PM Quilting/Project Linus (4th Fl. West) 1:30 PM Dominoes (DR) 2:00 PM Shopping at Price Chopper 2:00 PM-3:00 PM Civics Club at the Lodge – Video Series “U.S. Constitution” (LR-L) 3:30 PM Happy Hour Lodge (LR-L) w/ music by “Standard Time” 7:15 PM Movie at Lodge	3 10:00 AM Shopping at Hannaford 1:00 PM Billiards (BR) 12:30 PM Lunch at Ted’s Fish Fry on National Fried Clam Day! Albany, NY 1:30 PM Movie Matinee w/popcorn & candy (GR) 3:00 PM Shopping Trip Late Afternoon 4:00 PM Wine & Cheese (LR) w/Brian Zapel 7:15 PM Fictionary Game Night (CR)	4 HAPPY FOURTH OF JULY!!  ENJOY THE HOLIDAY PICNIC BBQ!!	5 12:00 PM Duplicate Bridge (GR) 1:30 PM Ustabe Singers (M) 2:00 PM Scrabble (CR) 7:15 PM Movie at the Lodge (LR-L)
6 10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) 4:00 PM Joe Sorrentino (GR)	7 10:00 AM Shopping at Price Chopper 1:00 PM Bridge (CR) 1:30PM Let’s get Ice Cream at: Emack & Bolio’s Ice Cream Shop 2:00 PM Roundtable Mtg. (M) 7:15 PM Bingo (GR) NATIONAL STRAWBERRY SUNDAE DAY!	8 9:30 AM Bocce Ball – Lodge Bocce Ball Court 10:00 AM Shopping at Trader Joe’s 10:00 AM Noreen’s Art Class (CR) 11:00 AM Meditation (M) 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Guilderland Library 2:00 PM Scrabble (CR) 3:00 PM Program Committee Mtg (CR) 6:30 PM Park Playhouse: “Oklahoma” (Deadline date to register past) 7:15 PM Evening Movie (GR)	9 11:00 Shopping at Walmart 1:00 PM Quilting/Project Linus (4th Fl. West) 1:00 PM Caregivers Peer Support Group (M) 1:30 PM Dominoes (DR) 2:00 PM Shopping Trip 2:00 PM-3:00 PM Civics Club at the Lodge – Video Series “U.S. Constitution” (LR-L) 3:30 PM Happy Hour Lodge (LR-L) w music by Paul Quigley 7:15 PM Movie at Lodge	10 9:00 AM Dr. Masias 10:00 AM Shopping at Fresh Market, Latham, NY 1:00 PM Billiards (BR) 1:00 PM Shopping Trip 1:30 PM Movie Matinee w/popcorn & candy (GR) 2:30 PM Bldgs. & Grounds (CR) 4:00 PM Wine & Cheese (LR) & Cake for Dolores Suozzo 100th Birthday 7:15 PM Fictionary Game Night (CR) 7:15 PM Music of: Heather Schwartz & Dave Kitchen Quartet (GR)	11 12:00 PM Saratoga Performing Arts Center Ballet - Robbins, Balanchine & Peck w/boxed lunch on the bus! (Deadline to register past) 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Protestant Worship Service (GR) 1:00 PM Canasta (CR) 2:00 PM New Resident Conversation (M) 4:00 PM TGIF Happy Hour (CR) 7:15 PM Trivial Pursuit (CR)	12 12:00 PM Duplicate Bridge (GR) 1:30 PM Ustabe Singers (M) 2:00 PM Scrabble (CR) 7:15 PM Movie at the Lodge (LR-L) NATIONAL “EAT YOUR JELLO” DAY!
13 11:00 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) NATIONAL BARBERSHOP MUSIC APPRECIATION DAY!	14 10:00 AM Tour at Pruyn House, Latham, NY & Lunch at Latham 76 Diner! 1:00 PM Bridge (CR) 2:00 PM Roundtable Mtg. (M) 2:30 PM Ashley Evola from Studio 1 Chair Dancing (FC) 3:00 PM Coloring in the Bistro! 7:15 PM Bingo (GR)	15 9:30 AM Bocce Ball – Lodge Bocce Ball Court 10:00 AM Visit to the NYS Museum & Lunch at Peaches Cafe! 11:00 AM Meditation (M) 1:00 PM 7 Card Hi Lo (DR) 1:30 PM Book Club (GR) 2:00 PM Scrabble (CR) 7:15 PM Evening Movie (GR) NATIONAL “I LOVE HORSES DAY” 	16 9:30 AM Wednesday Walk at the Crossings 1:00 PM Quilting/Project Linus (4th Fl. West) 1:30 PM Dominoes (DR) 3:00 PM Late Day Shopping Trip 2:00 PM-3:00 PM Civics Club at the Lodge – Video Series “U.S. Constitution” (LR-L) 3:30 PM Happy Hour Lodge (LR-L) 7:15 PM Movie at Lodge	17 10:00 AM Shopping at Hannaford 10:30 AM Resident Council General Mtg. (GR) 1:00 PM Billiards (BR) 1:00 PM Shopping Trip 1:30 PM Movie Matinee w/popcorn & candy (GR) 2:00 PM Spirituality Committee Mtg (CR) 3:30 PM Valerie Rapson Presentation: “Hidden Treasures of the Summer Triangle” 4:00 PM Wine & Cheese (LR) 7:15 PM Fictionary Game Night (CR)	18 11:30 AM Western Turnpike Golfing 1:00 PM 7 Card Hi Lo (DR) 3:00 PM Late day Shopping Trip 1:00 PM Canasta (CR) 4:00 PM TGIF Happy Hour (CR) 7:15 PM Trivial Pursuit (CR) NATIONAL TROPICAL FRUIT DAY!	19 12:00 PM Duplicate Bridge (GR) 1:30 PM Ustabe Singers (M) 2:00 PM Scrabble (CR) 7:15 PM Movie at the Lodge (LR-L)
20 10:30 AM Catholic Mass (GR) 1:00 PM Cap Rep “Once” Musical 2:30 PM Scrabble (CR) NATIONAL FEED A RESCUE PET WEEK!	21 10:00 AM Visit to Schoharie Valley Farms! 1:00 PM Bridge (CR) 2:00 PM Roundtable Mtg. (M) 3:00 PM Coloring in the Bistro! 7:15 PM Bingo (GR)	22 9:30 AM Bocce Ball – Lodge Bocce Ball Court 11:45 AM Dutch Apple Cruise 11:00 AM Meditation (M) 1:00 PM 7 Card Hi Lo (DR) 2:00 PM Shopping Trip 2:00 PM Scrabble (CR) 7:15 PM Evening Movie (GR)	23 9:30 AM Wednesday Walk at the Crossings 11:30 Shopping at Hannaford 1:00 PM Quilting/Project Linus (4th Fl. West) 2:00 PM Shopping Trip 1:00 OM Caregivers Peer Support Group (M) 1:30 PM Dominoes (DR) 2:00 PM-3:00 PM Civics Club at the Lodge – Video Series “U.S. Constitution” (LR-L) 3:30 PM Happy Hour Lodge (LR-L) 5:00 PM Dinner at Max410 Waters Edge Glenville, NY 7:15 PM Movie at Lodge	24 10:00 AM Visit to Cole Palen’s Old Rhinebeck Aerodome Museum with Boxed Lunch to picnic at the museum!! 1:00 PM Billiards (BR) 1:30 PM Movie Matinee w/popcorn & candy (GR) 4:00 PM Wine & Cheese (LR) 7:15 PM Fictionary Game Night (CR) NATIONAL AMELIA EARHART DAY!	25 9:30 AM Laudato Si Group – Visit to Pine Bush Preserve w/George Gerald 1:00 PM 7 Card Hi Lo (DR) 2:30 PM Late Day Shopping Trip 1:00 PM Canasta (CR) 2:00 PM New Resident Conversation (M) 4:00 PM TGIF Happy Hour (CR) 7:15 PM Trivial Pursuit (CR) 7:15 PM Cole Broderick’s Music Performance (GR)	26 12:00 PM Duplicate Bridge (GR) 1:30 PM Ustabe Singers (M) 2:00 PM Scrabble (CR) 7:15 PM Movie at the Lodge (LR-L) NATIONAL DAY OF THE COWBOY DAY!
27 10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) NATIONAL KOREAN WAR VETERANS ARMISTICE DAY!	28 10:00 AM Let’s Visit to Barnes & Noble Book Store 1:00 PM Bridge (CR) 1:00 PM Shopping Trip 2:00 PM Roundtable Mtg. (M) 2:30 PM Ashley Evola from Studio 1 Chair Dancing (FC) 3:00 PM Coloring in the Bistro! 7:15 PM Bingo (GR)	29 9:30 AM Bocce Ball – Lodge Bocce Ball Court 11:00 AM Town Hall Mtg. (GR) 12:30 PM Lunch at Cheesecake Factory 1:00 PM 7 Card Hi Lo (DR) 2:00 PM Scrabble (CR) 3:00 PM Late Day Shopping Trip 7:15 PM Evening Movie (GR)	30 9:30 AM Visit to Fenimore Museum & Lunch at Brimstone Café on site, Cooperstown, NY 1:00 PM Quilting/Project Linus (4th Fl. West) 1:30 PM Dominoes (DR) 2:00 PM-3:00 PM Civics Club at the Lodge – Video Series “U.S. Constitution” (LR-L) 3:30 PM Happy Hour Lodge (LR-L) 7:15 PM Movie at Lodge	31 10:00 AM Shopping at Target 12:30 PM Lunch at Hotdog Charlies, Renss., NY 1:00 PM Billiards (BR) 1:30 PM Movie Matinee w/popcorn & candy (GR) 4:00 PM Wine & Cheese (LR) 7:15 PM Mark Tolstrup Music (GR) 7:15 PM Fictionary Game Night (CR) NATIONAL CHILI DOG DAY!		



Room Key

(P) = Pool (M) = Meditation Room
(FC-L) = Fitness Center-Lodge
(FC) = Fitness Center at Avila

AVILA






Fitness Center: (FC)
Library: (Lib)
Billiards Room: (BR)
Patio: (P)
Bistro: (B)

Meditation Room: (M)
Craft Room: (CR)
Resident Center: (RC)
Dining Room: (DR)

Wellness Center (WC-112)
Media Room: (MR)
Living Room: (LR)
Great Room: (GR)

FITNESS CALENDAR

JULY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:00 AM Pure Yoga Class (FC) 11:00 AM Stretch, Strength & Balance Class (FC) 11:00 AM Pilates with MaryJane (In-house TV Channel 1390) 1:00 PM Tai Chi	2 9:15 AM Chair Yoga (FC) 10:00AM Aqua Motion (P) 11:00 AM Sit To Be Fit (FC) 11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390) 1:00PM PRN Balance Class (FC)	3 9:00 AM Full Body Stretch (FC) 10:00 AM Chair Dancing (FC) 11:00 AM Strength Training (FC) 11:00 AM Stretch with Lisa (Inhouse TV Channel 1390)	4 HAPPY FOURTH OF JULY!! 	5 10:00 AM Senior Exercise with MaryJane (In-house TV Channel 1390) 11:00 AM Pilates with MaryJane (In-house TV Channel 1390)
	6 2:00 PM Strength Training (Inhouse TV Channel 1390) 	7 9:00 AM Pilates/Strength (FC) 10:00 AM Aqua Motion (P) 11:00 AM Hydro Rider (P) 11:30 AM Hydro Rider (P) 11:00 AM Strength with MaryJane (Inhouse TV Channel 1390)	8 10:00 AM Pure Yoga Class (FC) 11:00 AM Stretch, Strength & Balance Class (FC) 11:00 AM Pilates with MaryJane (In-house TV Channel 1390)	9 9:15 AM Chair Yoga (FC) 10:00AM Aqua Motion (P) 11:00 AM Sit To Be Fit (FC) 11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390) 1:00PM PRN Balance Class (FC)	10 9:00 AM Full Body Stretch (FC) 10:00 AM Chair Dancing (FC) 11:00 AM Strength Training (FC) 11:00 AM Stretch with Lisa (Inhouse TV Channel 1390)	11 10:00 AM Aqua Motion(P) 11:00 AM Stretch/Flex (FC) 11:00 AM HIIT in a chair with MaryJane (Inhouse TV Channel 1390) 12:00 PM Hydro-Riding(P) 12:30 PM Hydro-Riding(P)
13 2:00 PM Strength Training (Inhouse TV Channel 1390)	14 9:00 AM Pilates/Strength (FC) 10:00 AM Aqua Motion (P) 11:00 AM Hydro Rider (P) 11:30 AM Hydro Rider (P) 11:00 AM Strength with MaryJane (Inhouse TV Channel 1390)	15 10:00 AM Pure Yoga Class (FC) 11:00 AM Stretch, Strength & Balance Class (FC) 11:00 AM Pilates with MaryJane (In-house TV Channel 1390) 1:00 PM Tai Chi	16 9:15 AM Chair Yoga (FC) 10:00AM Aqua Motion (P) 11:00 AM Sit To Be Fit (FC) 11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390) 1:00PM PRN Balance Class (FC)	17 9:00 AM Full Body Stretch (FC) 10:00 AM Chair Dancing (FC) 11:00 AM Strength Training (FC) 11:00 AM Stretch with Lisa (Inhouse TV Channel 1390)	18 10:00 AM Aqua Motion(P) 11:00 AM Stretch/Flex (FC) 11:00 AM HIIT in a chair with MaryJane (Inhouse TV Channel 1390) 12:00 PM Hydro-Riding(P) 12:30 PM Hydro-Riding(P)	19 9:30 AM Strength Training (FC) 10:00 AM Senior Exercise with MaryJane (In-house TV Channel 1390) 10:15 AM Aqua Motion (P) 11:00 AM Pilates with MaryJane (In-house TV Channel 1390)
20 2:00 PM Strength Training (Inhouse TV Channel 1390) 	21 9:00 AM Pilates/Strength (FC) 10:00 AM Aqua Motion (P) 11:00 AM Hydro Rider (P) 11:30 AM Hydro Rider (P) 11:00 AM Strength with MaryJane (Inhouse TV Channel 1390)	22 10:00 AM Pure Yoga Class (FC) 11:00 AM Stretch, Strength & Balance Class (FC) 11:00 AM Pilates with MaryJane (In-house TV Channel 1390)	23 9:15 AM Chair Yoga (FC) 10:00AM Aqua Motion (P) 11:00 AM Sit To Be Fit (FC) 11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390) 1:00PM PRN Balance Class (FC)	24 9:00 AM Full Body Stretch (FC) 10:00 AM Chair Dancing (FC) 11:00 AM Strength Training (FC) 11:00 AM Stretch with Lisa (Inhouse TV Channel 1390)	25 10:00 AM Aqua Motion(P) 11:00 AM Stretch/Flex (FC) 11:00 AM HIIT in a chair with MaryJane (Inhouse TV Channel 1390) 12:00 PM Hydro-Riding(P) 12:30 PM Hydro-Riding(P)	26 9:30 AM Strength Training (FC) 10:00 AM Senior Exercise with MaryJane (In-house TV Channel 1390) 10:15 AM Aqua Motion (P) 11:00 AM Pilates with MaryJane (In-house TV Channel 1390)
27 2:00 PM Strength Training (Inhouse TV Channel 1390)	28 9:00 AM Pilates/Strength (FC) 10:00 AM Aqua Motion (P) 11:00 AM Hydro Rider (P) 11:30 AM Hydro Rider (P) 11:00 AM Strength with MaryJane (Inhouse TV Channel 1390)	29 10:00 AM Pure Yoga Class (FC) 11:00 AM Stretch, Strength & Balance Class (FC) 11:00 AM Pilates with MaryJane (In-house TV Channel 1390) 1:00 PM Tai Chi	30 9:15 AM Chair Yoga (FC) 10:00AM Aqua Motion (P) 11:00 AM Sit To Be Fit (FC) 11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390) 1:00PM PRN Balance Class (FC)	31 9:00 AM Full Body Stretch (FC) 10:00 AM Chair Dancing (FC) 11:00 AM Strength Training (FC) 11:00 AM Stretch with Lisa (Inhouse TV Channel 1390)		



THE LODGE AT AVILA (L)		
Library: (Lib-L)	Patio: (PL)	
Living Room: (LR-L)	Fitness Center: (FC-L)	Dining Room: (DR-L)

